

Conclusion

Poor health can often be attributed to a person's behavior and lifestyle. With this in mind, risk prevalence data collected by the Behavioral Risk Factor Surveillance System allows the South Dakota Department of Health to identify populations at risk for poor health in the future. Therefore, intervention efforts can be designed to meet the unique needs of those who are at risk. Furthermore, by following the changes that develop over time, the department will be able to monitor the progress of these efforts. An overview of the key behavior risk factors from 1993 to 2005 is summarized below in Table 98. Table 99, page 212-213, is a summary of the *Healthy People 2010 National Health Objectives* that can be compared with data from this survey. The arrows indicate if South Dakota is higher or lower than the objectives.

Table 98
Summary of South Dakota's Proportion of Adult Population at Risk, 1993-2005

	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993
Alcohol Use:													
Drank in Past 30 Days	58.6%	58.3%	60.8%	59.9%	61.3%	NA	58.6%	NA	55.5%	NA	47.0%	NA	NA
Binge Drinking	18.0%	17.0%	19.0%	18.5%	18.5%	NA	17.4%	NA	20.9%	NA	14.5%	NA	13.5%
Heavy Drinking	4.3%	3.7%	4.5%	4.6%	3.9%	NA	3.0%	NA	3.2%	NA	2.0%	NA	1.7%
Arthritis													
Arthritis	27.9%	NA	28.8%	NA	22.1%	NA	NA	NA	NA	NA	NA	NA	NA
Arthritis with Limited Activities	13.4%	NA	13.4%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Asthma:													
Current Asthma	7.3%	6.7%	7.3%	5.9%	5.3%	5.6%	NA	NA	NA	NA	NA	NA	NA
Current Asthma (0-17)	5.6%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Breast and Cervical Cancer Screening:													
No Mammogram Within Past Two Years (40+)	NA	24.0%	22.9%	24.1%	23.7%	24.0%	27.9%	28.1%	31.0%	34.1%	37.0%	34.0%	35.3%
No Clinical Breast Exam Within Past Two Years	NA	17.6%	18.8%	17.4%	15.9%	17.5%	NA	NA	NA	NA	NA	NA	NA
Insufficient Cervical Cancer Screening	NA	12.7%	14.6%	13.7%	12.4%	11.5%	14.6%	13.7%	15.0%	15.9%	15.5%	14.2%	16.6%
Cardiovascular Disease:													
Previously Had a Heart Attack	4.5%	4.6%	NA	4.2%	NA	NA	NA	NA	NA	NA	NA	NA	NA
Angina or Coronary Heart Disease	4.4%	5.3%	NA	3.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA
Previously Had a Stroke	2.8%	2.3%	NA	2.0%	NA	NA	NA	NA	NA	NA	NA	NA	NA
Colorectal Cancer Screening													
No Blood Stool Test Within Past Two Years (50+)	NA	73.5%	NA	70.8%	69.0%	NA	74.8%	NA	78.3%	NA	NA	NA	NA
Never Had Sigmoidoscopy or Colonoscopy (50+)	NA	49.7%	NA	58.2%	54.9%	NA	54.5%	NA	62.4%	NA	57.3%	NA	63.0%
Diabetes:													
Diabetes	6.4%	6.6%	7.1%	6.3%	6.1%	5.7%	4.9%	3.1%	3.8%	4.3%	2.9%	4.3%	3.6%
Diabetes (0-17)	0.5%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Table 98 (continued)
Summary of South Dakota's Proportion of Adult Population at Risk, 1993-2005

	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993
Disability:													
Physical, Mental, or Emotional Disability	19.0%	17.2%	18.8%	NA	16.8%	NA	NA	NA	NA	NA	NA	NA	NA
Disability with Special Equipment Needed	6.2%	5.4%	5.7%	NA	5.6%	NA	NA	NA	NA	NA	NA	NA	NA
Environmental Factors:													
Sick From Poor Indoor Air Quality in Past Year	NA	17.3%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Sick From Outdoor Air Pollution in Past Year	NA	6.1%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Family Planning:													
Not Currently Using Birth Control (Females 18-44, Males 18-59)	NA	15.8%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Firearms:													
Firearm in Household	NA	59.9%	NA	60.4%	56.6%	NA	NA	NA	NA	51.3%	NA	NA	NA
Loaded and Unlocked Firearm in Household	NA	4.3%	NA	4.1%	2.2%	NA	NA	NA	NA	3.2%	NA	NA	NA
General Health Status:													
Fair or Poor Health	12.8%	12.6%	13.0%	12.9%	12.6%	12.1%	13.1%	11.7%	11.3%	11.5%	12.8%	12.8%	10.6%
Physical Health Not Good for 30 Days of the Past 30	5.8%	5.0%	5.4%	NA	4.8%	5.2%	NA	NA	NA	NA	NA	NA	NA
Mental Health Not Good for 20-30 Days of the Past 30	5.3%	5.6%	4.4%	NA	5.1%	4.6%	NA	NA	NA	NA	NA	NA	NA
Usual Activities Unattainable for 10-30 Days of the Past 30	5.5%	5.8%	5.7%	NA	5.2%	4.9%	NA	NA	NA	NA	NA	NA	NA
Health Insurance													
No Health Insurance (18-64)	9.4%	9.3%	10.4%	9.4%	10.0%	9.6%	NA	NA	NA	NA	NA	NA	NA
No Health Insurance (0-17)	2.6%	2.6%	3.6%	3.2%	3.8%	5.7%	NA	NA	NA	NA	NA	NA	NA
No Health Insurance (0-64)	7.3%	7.2%	8.3%	7.5%	8.1%	8.4%	NA	NA	NA	NA	NA	NA	NA
HIV/AIDS:													
Never Been Tested for HIV (18-64)	74.5%	71.4%	70.8%	71.1%	68.6%	65.6%	68.6%	72.5%	63.6%	73.8%	74.9%	73.2%	83.3%
Hypertension and Cholesterol													
Hypertension	25.1%	NA	24.8%	25.2%	24.1%	NA	23.8%	NA	20.6%	20.0%	20.6%	NA	19.3%
Cholesterol	34.0%	NA	31.2%	29.3%	29.5%	NA	29.1%	NA	25.5%	NA	25.0%	NA	27.4%
Immunization:													
No Flu Shot (65+)	23.7%	23.1%	22.1%	25.8%	25.9%	29.1%	26.4%	NA	34.4%	NA	39.9%	34.0%	52.3%
No Flu Shot (0-17)	73.9%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
No Pneumonia Shot (65+)	33.7%	33.8%	36.3%	43.3%	40.8%	46.6%	49.6%	NA	59.4%	NA	68.5%	67.6%	73.0%
Oral Health:													
No Dentist Visit in Past Year	NA	27.9%	NA	27.6%	NA	NA	34.3%	NA	32.3%	28.4%	NA	NA	NA
No Dentist Visit in Past Year (1-17)	20.8%	NA	26.9%	NA	26.6%	30.9%	NA	NA	NA	NA	NA	NA	NA
Overweight and Obesity:													
Overweight or Obese (BMI = 25.0+)	62.8%	61.8%	60.1%	60.6%	59.4%	58.8%	59.3%	51.5%	56.3%	53.4%	53.7%	53.0%	53.0%
Obese (BMI = 30.0+)	25.5%	23.8%	22.9%	21.2%	21.2%	19.8%	19.6%	15.8%	17.0%	14.7%	13.9%	14.4%	15.2%

Table 98 (continued)
Summary of South Dakota's Proportion of Adult Population at Risk, 1993-2005

	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993
Physical Activity and Nutrition::													
No Leisure Time Physical Activity	22.5%	19.0%	21.7%	23.8%	25.4%	26.7%	NA	33.3%	NA	34.8%	38.5%	30.7%	NA
No Moderate Physical Activity	52.4%	NA	53.5%	NA	55.8%	NA	NA	NA	NA	NA	NA	NA	NA
No Vigorous Physical Activity	76.5%	NA	78.0%	NA	79.3%	NA	NA	NA	NA	NA	NA	NA	NA
Less Than Five Servings of Fruits and Vegetables	79.5%	NA	81.0%	79.3%	NA	80.1%	77.3%	80.0%	76.9%	76.1%	NA	79.1%	NA
Heard of "Healthy South Dakota" Program	30.9%	NA	NA	Na	NA	NA	NA	NA	NA	NA	NA	NA	NA
Prostate Cancer:													
No PSA Test Within Past Two Years (40+)	NA	46.9%	NA	46.2%	51.2%	NA	NA	NA	NA	NA	NA	NA	NA
No Digital Rectal Exam Within Past Two Years (40+)	NA	45.5%	NA	44.5%	43.0%	NA	NA	NA	48.4%	NA	NA	NA	NA
Prostate Cancer (40+)	NA	4.0%	NA	4.5%	3.7%	NA	NA	NA	NA	NA	NA	NA	NA
Special Health Conditions in Children:													
Special Health Conditions in Children (0-17)	11.8%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Sun Exposure:													
Sunburn in Past Year	NA	42.9%	44.3%	NA	NA	NA	43.0%	NA	NA	NA	NA	NA	NA
Television Viewing:													
Two or More Hours of TV Watched Per Day	71.4%	69.3%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Tobacco Use:													
Current Cigarette Smoker	19.8%	20.3%	22.7%	22.6%	22.3%	21.9%	22.5%	27.2%	24.3%	20.7%	21.8%	20.9%	21.1%
Smokeless Tobacco	6.4%	NA	6.8%	NA	5.7%	NA	NA	NA	NA	5.4%	4.9%	5.5%	5.1%
West Nile Virus:													
No West Nile Virus Precautions	30.2%	31.0%	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1993-2005

Table 99
Summary of Healthy People 2010 National Health Objectives

<u>Objective</u>	<u>South Dakota</u> 2005	<u>Healthy People</u> <u>Targets</u> 2010
<u>General Health Status</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Overweight and Obesity</u>		
Reduce the percent of adults who are overweight or obese	62.8% ↑	55.0%
Reduce the proportion of adults aged 20 years and older who are obese	25.5% ↑	15.0%
<u>Physical Activity and Nutrition</u>		
Reduce the proportion of adults who engage in no leisure time physical activity	22.5% ↑	20.0%
Decrease the percent of adults who are physically inactive on a regular basis	52.4% ↑	50.0%
Decrease the proportion of adults who do not engage in vigorous physical activity that promotes the development and maintenance of cardio respiratory fitness 3 or more days per week for 20 or more minutes per occasion	76.5% ↑	70.0%
<u>Tobacco Use</u>		
Reduce the proportion of adults who smoke cigarettes	19.8%	12.0%
<u>Alcohol Use</u>		
Reduce the proportion of adults engaging in binge drinking	18.0% ↑	6.0%
<u>Hypertension and Cholesterol</u>		
Reduce the proportion of adults with hypertension	25.1% ↑	16.0%
Reduce the proportion of adults with high total blood cholesterol levels	34.0% ↑	17.0%
<u>Children's Oral Health</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>West Nile Virus</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Health Insurance</u>		
Decrease the proportion of persons not insured	9.4% ↑	0.0%
<u>Immunization</u>		
Decrease the proportion of adults age 65 years and older who are not vaccinated annually against influenza	23.7% ↑	10.0%
Decrease the proportion of adults age 65 years and older who have never been vaccinated against pneumococcal disease	33.7% ↑	10.0%

Table 99 (continued)
Summary of Healthy People 2010 National Health Objectives

<u>Objective</u>	<u>South Dakota</u> 2005	<u>Healthy People</u> <u>Targets</u> 2010
<u>Diabetes</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Asthma</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Cardiovascular Disease</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Arthritis</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Disability</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Television Viewing</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>HIV/AIDS</u>		
There was no stated Healthy People 2010 Objective	None	None
<u>Special Health Conditions in Children (0-17)</u>		
There was no stated Healthy People 2010 Objective	None	None

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

